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4 THINGS TO KNOW

Israel carries out air strikes in Gaza after rocket attack near Tel Aviv

Israeli military strikes Hamas targets in Gaza.

REUTERS

Israel launched air strikes in the Gaza Strip on Monday after a rocket attack near Tel Aviv wounded seven people, prompting Prime Minister Benjamin Netanyahu to cut short a visit to the United States.

Netanyahu had threatened strong retaliation for the long-range rocket salvo amid accusations from opponents in a closely contested election, two weeks away, that he has been showing weakness in the face of security challenges from Gaza militants.

"The Israel Defense Forces have begun striking Hamas terror targets throughout the Gaza Strip," the military said in a statement.

Netanyahu, who arrived in Washington on Sunday for a four-day visit, said he would fly home right after meeting President Donald Trump at the White House on Monday.

The Israeli military said Hamas, the armed Islamist group that rules Gaza, launched the rocket that destroyed a house in Mishmeret, a village north of Tel Aviv.

There was no claim of responsibility for the early-morning attack. The military said Hamas fired the rocket from about 120 km (75 miles) away, making it the longest-range attack from Gaza causing casualties since a 2014 war.

"It just made me feel really unsafe all of a sudden, which is a feeling I'm not used to."

Nitzan Shifrin, 19-year-old resident of Mishmeret

Palestinian security officials said Israeli warplanes attacked targets across the coastal enclave. Palestinian radio stations and Hamas TV played patriotic songs calling for "resistance" against Israel.

There were no immediate reports of casualties in the Gaza Strip. Many targets were likely to have been evacuated in the hours following Netanyahu's initial warning of retaliation shortly after the rocket strike.

Condemning the attack from Gaza, Trump told reporters with Netanyahu at his side that Israel has the "absolute right" to defend itself.

"Israel will not tolerate this. I will not tolerate this," Netanyahu said about the rocket strike. "And as we speak ... Israel is responding forcefully to this wanton aggression."

Israel's Magen David Adom ambulance service said it treated seven people in the Israeli village, including an infant, a 3-year-old boy, a 12-year-old girl and a 60-year-old woman who was suffering from blast injuries, burns and shrapnel wounds.

"It just made me feel really unsafe all of a sudden, which is a feeling I'm not used to," said Nitzan Shifrin, a 19-year-old resident of Mishmeret.

The Israeli military said it was assigning two brigades to the Gaza area and some reservists were being called up. Reuters witnesses saw troops moving toward the border, where the military also closed several roads to civilian traffic.

"We are prepared for a wide range of scenarios," chief spokesman Ronen Manelis said.

Israeli towns near Gaza and Tel Aviv, Israel's commercial capital, opened bomb shelters in anticipation of rocket strikes.

HIGH TENSION

The rocket attack coincided with tension ahead of the March 30 anniversary of Gaza protests that have included Palestinian attempts to breach the frontier and often lethal Israeli fire.

Gaza authorities have said that some 200 people have been killed by Israeli fire in the protests. An Israeli soldier was killed by a sniper along the frontier.

The protesters demand the right to return to land from which their ancestors fled or were expelled in fighting that accompanied Israel's founding in 1948.

Israeli-Palestinian peace talks have been frozen since 2014.

The Gaza war that year was the third between Israel and Hamas in a decade. More than 2,100 Palestinians, most of them civilians according to the Gaza health ministry, were killed in seven weeks of fighting. Sixty-six Israeli soldiers and seven civilians in Israel were killed.

Some commentators in Israel drew a link between Monday's rocket fire and recent street protests in Gaza against higher prices, demonstrations which the United Nations said triggered a Hamas campaign of arrests and violence.

REUTERS

Apple spotlights services with TV, gaming offerings

2 Apple Inc. attempted to reintroduce itself on Monday as an entertainment and financial services company that also makes iPhones as it launched a streaming television service, a credit card and an online gaming arcade. The world's second-most valuable technology company lifted the curtain on a television and movie service called Apple TV+ that will stream original television shows and movies to a television-watching app for users of its 1.4 billion gadgets worldwide, as well as owners of smart TVs and other devices. But Apple, known in the tech industry for keeping its products secret until they are finished, left out key pricing details for several of its new services, unnerving investors and sending its shares down slightly. The move could be seen as a first step to challenging streaming-video leaders Netflix and Amazon.

Women diagnosed years after men for same diseases

3 For a wide range of diseases, diagnosis comes later in life for women than for men, according to a large Danish study. Researchers don't know whether the later diagnoses are due to genetics, the environment, possible biases in the health care system — or some combination of reasons. The study of health data from 6.9 million Danish people found that across hundreds of diseases, women on average were diagnosed when they were about four years older than the age at which the conditions were recognized in men. "We're not just looking at one disease here, we're looking at all diseases and we are looking at an entire population, from cradle to grave," lead author Søren Brunak from the University of Copenhagen told Reuters Health by phone. On average, women received cancer diagnoses 2.5 years after men.

Duke University settles fake-data case for $112.5M

4 Duke University agreed to pay $112.5 million to settle claims by a whistleblower that a former research technician knowingly submitted fake data in applications for federal research grants, the U.S. Department of Justice said on Monday. The accord resolves claims by a former Duke laboratory research analyst who said the Durham, North Carolina-based university knew that Erin Potts-Kant used fraudulent data to obtain grants from the National Institutes of Health, the Environmental Protection Agency and other agencies. False claims were submitted in connection with 30 grants, starting in 2006, causing agencies to award funds that they would not otherwise have paid, the Justice Department said. "We expect Duke researchers to adhere always to the highest standards of integrity," Duke President Vincent Price said.

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- Preference for a percentage of units goes to:
  - Residents of **Bronx Community Board 6** (50%)
  - Municipal employees (5%)

AVAILABLE UNITS AND INCOME REQUIREMENTS

Unit Size	40% AREA MEDIAN INCOME (AMI)	Monthly Rent[1]	Units Available	Household Size[2]	Annual Household Income[3] *Minimum – Maximum4*	50% AREA MEDIAN INCOME (AMI)	Monthly Rent[1]	Units Available	Household Size[2]	Annual Household Income[3] *Minimum – Maximum4*	60% AREA MEDIAN INCOME (AMI)	Monthly Rent[1]	Units Available	Household Size[2]	Annual Household Income[3] *Minimum – Maximum4*
Studio		$462	1	1 Person	$18,240 - $29,240		$605	1	1 Person	$23,143 - $36,550		$748	8	1 Person	$28,046 - $43,860
1 Bed		$590	4	1 Person	$22,800 - $29,240		$769	4	1 Person	$28,938 - $36,550		$948	41	1 Person	$35,075 - $43,860
				2 People	$22,800 - $33,400				2 People	$28,938 - $41,750				2 People	$35,075 - $50,100
2 Bed		$718	2	2 People	$27,326 - $33,400		$933	3	2 People	$34,698 - $41,750		$1,148	18	2 People	$42,069 - $50,100
				3 People	$27,326 - $37,560				3 People	$34,698 - $46,950				3 People	$42,069 - $56,340
				4 People	$27,326 - $41,720				4 People	$34,698 - $52,150				4 People	$42,069 - $62,580
3 Bed		$821	1	3 People	$31,543 - $37,560		$1,069	1	3 People	$40,046 - $46,950		$1,317	13	3 People	$48,549 - $56,340
				4 People	$31,543 - $41,720				4 People	$40,046 - $52,150				4 People	$48,549 - $62,580
				5 People	$31,543 - $45,080				5 People	$40,046 - $56,350				5 People	$48,549 - $67,620
				6 People	$31,543 - $48,400				6 People	$40,046 - $60,500				6 People	$48,549 - $72,600

Unit Size	90% AREA MEDIAN INCOME (AMI)	Monthly Rent[1]	Units Available	Household Size[2]	Annual Household Income[3] *Minimum – Maximum4*	110% AREA MEDIAN INCOME (AMI)	Monthly Rent[1]	Units Available	Household Size[2]	Annual Household Income[3] *Minimum – Maximum4*
Studio		$934	1	1 Person	$34,423 - $65,790					
1 Bedroom		$1,360	22	1 Person	$49,200 - $65,790		$1,539	2	1 Person	$55,338 - $80,410
				2 People	$49,200 - $75,150				2 People	$55,338 - $91,850
2 Bedroom		$1,642	14	2 People	$59,006 - $75,150		$1,856	2	2 People	$66,343 - $91,850
				3 People	$59,006 - $84,510				3 People	$66,343 - $103,290
				4 People	$59,006 - $93,870				4 People	$66,343 - $114,730
3 Bedroom		$1,888	9	3 People	$68,126 - $84,510		$2,136	2	3 People	$76,629 - $103,290
				4 People	$68,126 - $93,870				4 People	$76,629 - $114,730
				5 People	$68,126 - $101,430				5 People	$76,629 - $123,970
				6 People	$68,126 - $108,900				6 People	$76,629 - $133,100

[1] Tenant pays electricity.

[2] Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.

[3] Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change.

[4] Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limits also apply.

How Do You Apply?

Apply online or through mail. To apply online, please go to nyc.gov/housingconnect. To request an application **by mail, send a self-addressed envelope to: Wilfrid East & West c/o Wavecrest Consulting LLC, 87-14 116th Street, Richmond Hill, NY 11418**. Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

When is the Deadline?

Applications must be postmarked or submitted online no later than **May 21, 2019**. Late applications will not be considered.

What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an interview to continue the process of determining your eligibility. Interviews are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

Español

Presente una solicitud en línea en nyc.gov/housingconnect. Para recibir una traducción de español de este anuncio y la solicitud impresa, envíe un sobre con la dirección a: **Wilfrid East & West c/o Wavecrest Consulting LLC, 87-14 116th Street, Richmond Hill, NY 11418**. En el reverso del sobre, escriba en inglés la palabra "SPANISH." Las solicitudes se deben enviar en línea o con sello postal antes de **21 de mayo 2019**.

简体中文

访问 nyc.gov/housingconnect 在线申请。如要获取本广告及书面申请表的简体中文版，请将您的回邮信封寄送至： **Wilfrid East & West c/o Wavecrest Consulting LLC, 87-14 116th Street, Richmond Hill, NY 11418**. 信封背面请用英语注明"CHINESE"。必须在以下日期之前在线提交申请或邮寄书面申请 **2019 年 5 月 21 日。**

Русский

Чтобы подать заявление через интернет, зайдите на сайт: nyc.gov/housingconnect. Для получения данного объявления и заявления на русском языке отправьте конверт с обратным адресом по адресу **Wilfrid East & West c/o Wavecrest Consulting LLC, 87-14 116th Street, Richmond Hill, NY 11418**. На задней стороне конверта напишите слово "RUSSIAN" на английском языке. Заявки должны быть поданы онлайн или отправлены по почте (согласно дате на почтовом штемпеле) не позднее **21 май 2019**

한국어

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Kreyòl Ayisyien

Aplike sou entènèt sou sitwèb nyc.gov/housingconnect. Pou resevwa yon tradiksyon anons sa a nan lang Kreyòl Ayisyen ak aplikasyon an sou papye, voye anvlòp ki gen adrès pou retounen li nan: **Wilfrid East & West c/o Wavecrest Consulting LLC, 87-14 116th Street, Richmond Hill, NY 11418**. Nan dèyè anvlòp la, ekri mo "HAITIAN CREOLE" an Anglè. Ou dwe remèt aplikasyon yo sou entènèt oswa ou dwe tenbre yo anvan dat **me 21, 2019**.

العربية

إلى: Wilfrid East & West c/o Wavecrest Consulting LLC, 87-14 116th Street, Richmond Hill, NY طريق عن الطلبات نماذج إرسال يجب **"ARABIC".** كلمة الإنجليزية باللغة اكتب ،للمظروف الخلفية الجهة على . **21** مايو، 2019 قبل البريد بختم ختمها أو الإنترنت **nyc.gov/housingconnect.** الإلكتروني الموقع على الإنترنت طريق عن بطلب تقدم وعنوانك اسمك يحمل مظروف أرسل ،الورقي الطلب ولنموذج الإعلان لهذا العربية باللغة ترجمة على للحصول

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Acting HDC President Richard Froehlich

GETTY IMAGES

Attorneys say alleged mob boss murderer influenced by internet hate speech

The man accused of killing Frank "Franky Boy" Cali is said to have been influenced by inflammatory online rhetoric.

NATE HOMAN
letters@metro.us

Defense attorneys said internet hate speech and hostile language from the White House influenced the Staten Island man accused of killing alleged Gambino crime family mob boss Frank "Franky Boy" Cali as they entered a not guilty plea in court on Monday.

"Hate words that have been spewed by citizens, including politicians, including right at the White House, those words matter, and they have an effect," Robert Gottlieb told the New York Daily News in defense of 24-year-old Anthony Comello. "This is a tragedy for everybody, for two families, but this case perhaps more than any other reflects what everyone has been saying recently, and that is that words matter."

Comello was arrested in New Jersey for allegedly murdering Cali, 53, on March 13, and faces additional assault and weapons charges. He is set to return to Staten Island court on April 3.

During his appearance in a New Jersey court, Comello wrote "United We Stand" and "MAGA Forever" on his hands, and made sure to display them to reporters.

According to authorities, Comello crashed his pickup truck into Cali's SUV on Hilltop Terrace. Cali then went outside his home to investigate. Video footage captured an argument between the two men, before Comello allegedly brandished a gun and fatally shot Cali.

According to the Daily News, Judge Raja Rajeswari agreed to keep Comello under protective custody due to death threats directed at him and his family since Cali's death. The judge also granted Gottlieb's request for Comello to be sent to the jail infirmary for medication. Gottlieb told reporters that Comello was taking medication and had been without it since his arrest.

"The issue of safety for Mr. Comello while he's in prison is real," Gottlieb said, adding that concerns over potential violence in prison have been heightened in this case. "I know that the Department of Corrections is very concerned about it, and we'll continue to speak to them to ensure his safety while he's in prison. That's why we asked for protective custody."

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Why Aren't Doctors Telling Knee Arthritis Sufferers About These Two Often Successful Treatments?

Two Advanced Medical Treatments Every Knee Arthritis Sufferer Needs To Know - Before Or After Knee Replacement Surgery

NYC -If you suffer with knee arthritis pan, you have probably already tried *many* treatments... especially countless pain medications. With minimal or no results

Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there are two very good options for knee arthritis *a lot of knee arthritis sufferers have never heard of.*

Before we get into the two treatments, please understand this...

NYC Pain MD is a REAL medical clinic that has treated thousands of knee arthritis sufferers. Patients travel from all over the tai-state to be treated at one of their clinics because they want the best medical treatments available.

What you are about to discover are two REAL medical treatments. Not miracle cures you see on infomercials or on the internet.

Know this fact: <u>There is no cure for arthritis.</u> But there are *these* two treatments that have already helped thousands of knee arthritis sufferers - possibly just like you.

#1 Viscosupplementation

Here's what you need to know about viscosupplementation - the good and the bad....

When you have arthritis, you suffer a decrease in the lubrication fluids in your knee. In other words, your knee joints basically "dries up."

The lubricating fluid that decreases is called "synovial fluid."

Pharmaceutical companies (with the help of scientists) can now make synovial fluid-like compounds that... during viscosupplementaiton treatments... doctors precisely inject directly into the knee joint.

This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating the pain.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

But There Is A BIG Problem

The key is the treatment must be EXTREMELY PRECISE. If the procedure is slightly off, the formula will not get into the knee joint and the treatment will not work.

That's why the experts at ***NYC Pain MD*** use advanced digital imaging so they visually guide the injection accurately into the knee joint during the treatment.

Research shows that performing joint injections without imaging miss the joint as much as 30% of the time.

If you have had prior viscosupplementation without this special digital imaging without good results - this may be the exact reason why.

That's why NYC Pain MD even takes it one step further. They do not just use one form of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

Another Important Factor

Viscosupplementation "medicines" also come in several different formulas.

Just like all medications, some people respond better to one than another. While many doctors only use one formula, the experts at NYC Pain MD use several and great effort is taken to figure out what the best one is for you.

What Should You Do If Viscosupplementation Fails?

#2 Radiofrequency Neurotomy

This treatment is called, "Radiofrequncy Neurotomy." RF for short

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

Several branches of nerves that surround the knee are known as "Genicular nerves."

Radiofrequncy waves are delivered to the Genicular nerves under advanced imaging to "block" the nerves.

Two procedures are performed. First, a test, diagnostic "G Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, Genicular Neurotomy (GRF) is performed for long term relief.

Is It Safe?

Research has shown this procedure to be safe and effective.

One study published November 4, 2010 in the journal *Pain* found that RF treated subjects on average "achieved at least 50% knee pain relief at 1, 4 and 12 weeks, respectively. No patient reported a post-procedure adverse event during the follow-up period. RF neurotomy of Genicular nerves leads to significant pain reduction and functional improvement in a subset of elderly chronic knee OA pain, and thus may be an effective treatment in such cases."

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication, physical rehab or viscosupplementation do not offer good enough results.

RF may be utilized before resorting to total knee replacement. RF allows many patients to avoid knee replacement surgery.

<u>But - RF has also been found effective AFTER knee replacement surgery when the patient still feels pain.</u>

The pain after a failed knee replacement surgery can be debilitating and this procedure may be the only thing that helps and give you after surgery relief.

Advanced Imaging Allows Doctors To Pin-Point Treatments And Relieve Knee Arthritis Pain

Advanced imaging allows doctors to successfully inject special lubricating gel directly into knee joint relieving pain
Surgical Guesswork. Knee injection done without advanced imaging misses lubricating fluid completely

Science rescues knee arthritis sufferers? Research shows joint injections done without advanced imaging misses the joint about 30% of the time. Now doctors can put lubricating fluid directly into the arthritis joint that may alleviate pain and restore function to many.

What To Do Next If You Are In Pain

NYC Pain MD offers a limited number of complimentary knee arthritis t screenings every month. These screenings are a way for knee arthritis sufferers to get their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at ***NYC Pain MD.*** If you would like to schedule a screening, just call 877-380-8537.

The screenings fill up fast every month. This screening is no cost and there absolutely no obligation.

More good news: **for qualified candidates, insurances and Medicare often cover these treatments.**

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Trump critic Michael Avenatti arrested in Nike extortion scam: Prosecutors

The former lawyer for porn star Stormy Daniels is also charged with embezzlement and using fraudulent documents to obtain loans.

Michael Avenatti, the lawyer who represented adult-film star Stormy Daniels in her legal battles with U.S. President Donald Trump, was charged Monday with extortion in what a federal prosecutor called an attempt to "shake down" Nike Inc. for over $20 million.

Avenatti, who was also hit with separate federal charges of embezzlement and fraud in California, was arrested in New York and was scheduled to make his initial court appearance later in the day, authorities said.

Avenatti, who lives in Los Angeles, could not be reached for comment.

Prosecutors said Avenatti and an unnamed co-conspirator met with Nike's attorneys on March 19 and said they had a client, a former amateur athletic coach, who had evidence that Nike employees had bribed top high school players to play for Nike-sponsored teams.

A former executive at Nike rival Adidas was recently convicted in federal court in Manhattan of participating in a similar scheme, part of a sweeping probe by prosecutors of corruption surrounding the National Collegiate Athletic Association. The case, which is ongoing, has ensnared several prominent basketball coaches.

Avenatti told Nike he would go public unless it paid his client $1.5 million and hired him to conduct an internal investigation for between $15 million and $25 million, according to the complaint. Avenatti also offered to accept a $22.5 million payment for his silence, prosecutors said.

Lawyer Michael Avenatti, who represented Stormy Daniels in her legal battles against U.S. President Donald Trump, was arrested on Monday. REUTERS

In one call, Avenatti threatened, "I'll go take 10 billion dollars off your client's market cap... I'm not f—king around," according to the complaint.

The charges were revealed shortly after Avenatti said on Twitter that he would hold a news conference on Tuesday to reveal "a major high school/college basketball scandal" that reached "the highest levels of Nike."

"A suit and tie does not mask the fact that, at its core, this was an old-fashioned shakedown," Geoffrey Berman, the U.S. Attorney in Manhattan, said at a news conference.

Nike said in a statement that it "will not be extorted" and alerted investigators to Avenatti's demands immediately.

Federal prosecutors in California unveiled separate charges against Avenatti on Monday, accusing him of misusing a client's $1.6 million settlement to pay for his own expenses as well as those for his coffee business.

He was also charged with defrauding a Mississippi bank of $4.1 million in loans by submitting false tax returns for 2011-2013 that inflated his income.

Avenatti faces up to 30 years in prison on the most serious charge in California and up to 20 years for the top charge in New York.

He gained international notoriety for representing Daniels, the porn star whom Trump is accused of paying off shortly before the 2016 election to keep quiet about an alleged affair. Trump has denied having an affair with Daniels, whose real name is Stephanie Clifford.

Daniels, who is no longer represented by Avenatti, 48, said she was "saddened but not shocked" by his arrest.

"I made the decision more than a month ago to terminate Michael's services after discovering that he had dealt with me extremely dishonestly," Daniels said on Twitter.

Avenatti became one of Trump's most visible foils as a result of the Daniels scandal, frequently appearing on cable television and publicly flirting with a presidential campaign. REUTERS

Do you have atopic dermatitis or eczema?

You might qualify for a clinical study for a new investigational medication to treat chronic itch as well as other symptoms of atopic dermatitis.

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NYPD investigating recent rash of group ambushes and assaults

They join a number of a recent unprovoked attacks by individuals on NYC streets and subway.

MICHAEL MARTIN
letters@metro.us

Surveillance cameras captured a group of men beating an Uber Eats deliveryman in the Bronx — one of several recent group assaults on unsuspecting New Yorkers.

According to police, the 36-year-old victim was making a delivery when four men pushed him off his bike, punched him and threatened him with a knife before stealing his bike and iPhone. The attack happened on Feb. 26 in Mount Eden near Edward L. Grant Highway.

CBS 2 reported that the attack is part of a trend dating back months: On March 12 in Brooklyn, a group of four suspects beat a man unconscious and took his belongings. On Feb. 27 in the Bronx, a 17-year-old was beaten and stabbed by a group of men. And a group of six teens are suspected of four attacks in the Bronx since last December, in which they approached individuals, assaulted them, then stole belongings like iPhones and wallets.

Although New York City's overall crime rate is down, the NYPD said it was realigning units to deal with a spike in violent crimes like murder and rape. Police attribute some of that to gang activity and gun violence, CBS 2 reported.

Recent months have also seen several well-publicized unprovoked attacks by individuals on the street and subway.

On Feb. 8, an unsuspecting 73-year-old woman was punched in the face by a stranger aboard the L train at the Livonia Avenue stop in Brooklyn, the NYPD said.

On March 21, a man wearing a Yale jacket sucker-punched a 27-year-old woman, who works for City Council Speaker Corey Johnson, on a Crown Heights street.

Last weekend, social media users expressed outrage over a viral video of a man kicking and punching a 78-year-old woman in the face aboard a Bronx-bound 2 train. Passengers recorded the incident at about 3 a.m. on March 10. On Sunday, the New York Post reported that police had arrested a suspect, a Bronx dishwasher who was turned in by co-workers who recognized him in the video.

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Demand Soars At NYC Medical Clinic For Promising Back Pain Treatment

Can This Medical Technology Possibly Eliminate Or Greatly Reduce Even The Most Severe Back Pain... Almost Instantly?

The Advanced Medical Treatment Every Back & Neck Pain Sufferer Needs To Know - No Matter How Bad The Pain Is Or How Many Other Treatments Have Failed

NYC Pain MD is a medical clinic with two locations in New York City that has made a name for itself by treating the worst cases of back or neck pain.

Here is what every back and neck pain sufferer who has failed to respond to other treatments and does not want surgery should know about one of the best treatment options available today for severe back and neck pain including when, why and where you should consider this treatment to get maximum results.

If you suffer with back, neck or nerve pain, you have probably already tried *many treatments*... especially countless pain medications.

Experienced doctors understand that even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for back pain... they are rarely the answer.

In most cases they have minimal, short term results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there is very good option to help relieve the pain.

An option that a lot of back and neck pain sufferers may have never heard of before.

Before we get into these treatments, please understand this...

NYC Pain MD is a REAL medical clinic that has treated the worst cases of back pain. Patients travel from all over to be treated at one of their clinics for all sorts of joint and muscle pain because they want the best medical treatments available.

What you are about to discover is a REAL medical treatment. Not some miracle cure you see on infomercials or on the internet.

Know this fact: There is no one treatment that will help every case of back pain. And we cannot guarantee this treatment will work for you. But this treatment has already helped countless back and neck pain sufferers who had given up hope. I bet many just like you.

What is this treatment? It's called...

Radiofrequency Neurotomy

"Radiofrequncy Neurotomy" is often referred to as RF for short.

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your spine and one of their jobs is to sense PAIN.

Radiofrequency waves are delivered to these nerves under advanced imaging to "block" the nerves.

Two procedures are performed. First, a test, diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, the Radio Frequency Neurotomy is scheduled and performed for longer term relief.

What Results Can You Expect?

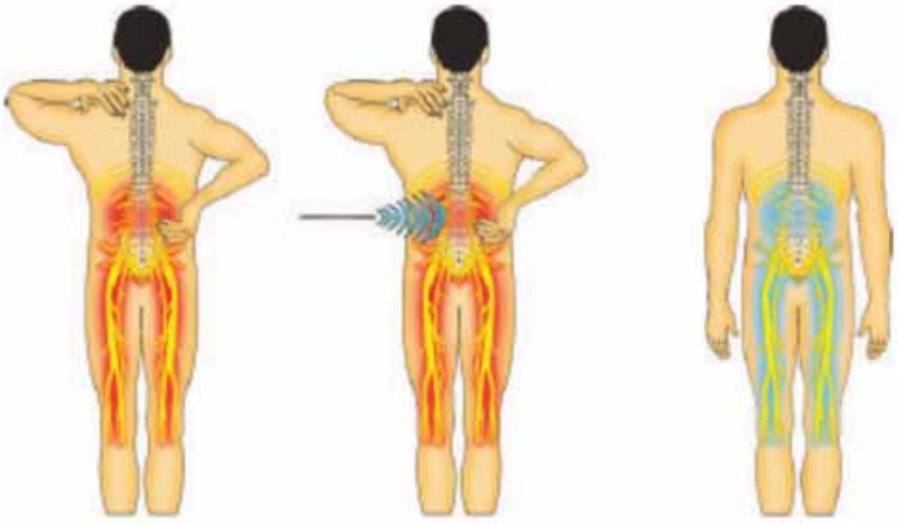
Like all real medical procedures... results vary for individual patients. No good and ethical doctor would guarantee any exact results for any procedure... that's just not how things work and it would be less than honest.

That's being said, it is not uncommon for patients to get complete, if not significant relief of their pain shortly after the treatment.

How Long Do The Results Last?

This procedure "blocks" the nerves pain signals... it does not destroy them. Therefore, the results are safe but not completely permanent. But, many patients get relief for 6 months… 12 months…. 18 months for some and some even longer. The great news is - another procedure can be safely preformed for more relief if necessary.

Advanced Treatment Uses Radio Frequencies To Relieve Serious Neck & Back Pain



Science rescues back & neck pain sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many.

While we cannot claim this is a complete "permanent cure" but... it can be a god-send for so many who were in constant pain.

Really... what would it be worth it to you could get out of pain for long enough so you could start enjoying your everyday life again?

Would it be worth it to be able to finally get a good nights sleep again?

How about being able to go for a simple walk or just do your basic daily chores without worrying about so much pain?

Is It Safe?

Yes. This procedure has been done countless times and continues to have an excellent safety record. It is minimally invasive and is not surgical.

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and physical therapy do not offer good enough results.

RF has also been found effective AFTER back surgery when patient's still feel pain.

The pain after a failed back surgery can be debilitating for some and this procedure may be the only thing that helps give you relief.

What To Do Next If You Are In Pain And The "X" Factor

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof without the need for a surgical center or hospital.

Major Savings In Time And Costs Of Care?

NYC Pain MD's method allows you to avoid expensive hospital or out patient surgi-center facility fees which often run 3 to 4 times the cost of the procedure itself. And you don't have to go through the huge stress and time consuming process of going all over the city to outside centers. All the *NYC Pain MD* treatments can be done in out in-office procedure suites saving you stress, time and dollars. *NYC Pain MD* believes this additional "X" factor is one of the reasons so many back pain sufferers travel from all over to be treated at one of their advanced medical clinics.

Your Invitation

NYC Pain MD offers a limited number of complimentary back pain treatment screenings every month. These screenings are a way for back pain sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at *NYC Pain MD*. If you would like a complimentary screening, just call 877-907-2934 and tell the scheduling expert who answers the phone, "I would like a complimentary back pain screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is no cost and no obligation.

Many of the treatments offered are covered by many insurance plans and traditional medicare.

Call 877-907-2934 for your free screening and find out if you can get out of pain today.

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"Non Surgical Medical Relief For Spine & Joint Pain"

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Republicans block US Senate Democrats' move on making Mueller report public

The Justice Department has not said whether it will release special counsel's full report.

President Donald Trump. REUTERS

U.S. Senate Majority Leader Mitch McConnell on Monday blocked a second attempt by Democrats to pass a measure aimed at prodding the Justice Department to release to the public Special Counsel Robert Mueller's report investigating Russian meddling in the 2016 U.S. presidential election.

Earlier this month, the House of Representatives voted 420-0 in favor of making the report public, with no Republican opposition.

On Sunday, Attorney General William Barr informed Congress that Mueller had concluded that President Donald Trump's campaign did not collude with Russia to influence the outcome of the 2016 election. But the probe left unresolved the question of whether Trump engaged in obstruction of justice.

"There is no good reason not to make the report public," Senate Democratic leader Chuck Schumer said.

The Justice Department has not said whether it will release Mueller's full report, but Barr has said he will be as transparent as possible.

McConnell, noting that it took nearly two years for Mueller to conduct his investigation, said: "It's not unreasonable to give the special counsel and the Justice Department just a little time to complete their review in a professional and responsible manner."

"It's not unreasonable to give the special counsel and the Justice Department just a little time to complete their review in a professional and responsible manner."
Mitch McConnell, U.S. Senate majority leader

The legislation does not set a deadline for the release of the report, and merely expresses Congress' desire that it should be made publicly available.

The chairman of the House of Representatives Judiciary Committee, Jerrold Nadler, a Democrat, said on CNN on Sunday that he would "try to negotiate" with the Justice Department to obtain the full report, but the committee would issue subpoenas and litigate if needed.

Trump vented his anger on Monday at the Mueller inquiry and vowed investigations into unnamed political enemies who did "very, very evil" and "treasonous things."

Trump pledged new investigations but did not specify who would conduct them or who should be targeted. Trump in the past has called for investigations of Hillary Clinton, the Democrat he defeated in 2016. REUTERS

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Dr. Tamara Guichard is adaptive in finding the best ways to communicate her knowledge to the best of her ability. Her practice specializes in vulvar and vaginal disorders including warts, STD's, UTI's, Fibroids, and vaginal infections. She provides routine gynecological care and treatment including rejuvenation procedures, colposcopy, uterine polypectomy, and fertility evaluations.

Often we shy away from asking the uncomfortable questions that we all wonder about from time to time. Questions and curiosities that can keep our minds preoccupied and distracted, or even affect our health by avoiding these topics completely. I understand this common fear and worry that many of us share which is why my approach in patient care is always an authentic and individualized experience, treating the patient first as a translator of sorts, helping me investigate the actual symptoms of their concerns.

Without this bond, we are unable to work together to provide long lasting results that treat each issue with patience and understanding. Whether our patients are coming in for a consultation, testing, evaluations, or treatment plans we seek to create an environment that is purely resourceful and educational for our patients to build a network of long and strong healthy lives. We provide a variety of expert knowledge in rejuvenation procedures and preventative solutions for concerns like endometriosis and fibroid that can be very painful and lead to other medical issues if not treated or properly monitored right away. If you suspect any concern or curious about any form of abnormality where it be hormonal, physical, or related to a specific stage in your life we encourage you to reach out and speak to one us directly as well as set up an appointment for thorough evaluation.

My biggest message to the majority of my patients when they come in, is to be in tune with their bodies allowing us both to assess what areas in both personal life and your external life such as social or work can supplement each other and contribute to the overall state of your health.

It's important to stay up to date and review all kinds of testing and treatment plans, not just submit to an instant gratification form of treatment. Many fear the unknown and replace fear with assumptions, self diagnosing and self medicating. If we reduce the fear and simplify the process, we become closer to our bodies and realize that our bodies are not as foreign as we make it out to be.

We truly believe that caring starts with advanced resources and technologies that can give us the opportunity to pin point the issue and replenish a person's health and overall experience as a woman. Especially when it comes to a woman's sexual experience, we all deserve a healthy and safe life when it comes to our intimate expressions.

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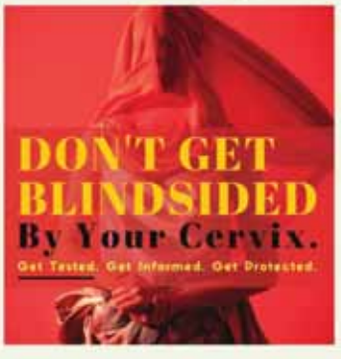

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Dr. Tamara Guichard has been seen recently on Bustle for sharing her expert knowledge on ways to make OBGYN appointments less nerve-racking!

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Father of Sandy Hook victim found dead in apparent suicide: Police

Jeremy Richman, 49, was the father of Avielle Richman, one of 20 children killed at the school in Newtown.

The father of one of the children killed in the 2012 mass shooting at Sandy Hook Elementary School was found dead of an apparent suicide on Monday morning at his office in Newtown, Connecticut, police said.

Jeremy Richman, 49, was the father of Avielle Richman, one of 20 children, all 6 or 7 years old, killed along with six adult staff members by a man with a semi-automatic rifle at the school in Newtown. It stands as one of the deadliest mass shootings in U.S. history.

Richman's body was found shortly after 7 a.m. EDT at his office, police said.

"The death appears to be a suicide, but police will not disclose the method or any other details of the death, only to state the death does not appear to be suspicious."
Newtown Police

"The death appears to be a suicide, but police will not disclose the method or any other details of the death, only to state the death does not appear to be suspicious," the Newtown Police Department said in a statement. Connecticut's Chief Medical Examiner's office is expected to confirm the cause of death later on Monday, police said.

After his daughter's murder, Richman and his wife, Jennifer Hensel, created a foundation in her name that focuses on preventing violence by funding research on mental health and increasing access to treatment.

Richman, who was a neuropharmacologist, had written in a mission statement published on the Avielle Foundation's website that his daughter's death had left him "infinitely heartbroken."

In a statement, the foundation said that while its staff and di-

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From left: Jennifer Hensel, Jeremy Richman and David Wheeler attend the launch of The Sandy Hook Promise, a non-profit created in response to the shooting in Newtown. REUTERS

rectors were "crushed to pieces" at Richman's death, it would continue its work of supporting research into brain abnormalities and promoting brain health.

"Tragically, his death speaks to how insidious and formidable a challenge brain health can be and how critical it is for all of us to seek help for ourselves, our loved ones and anyone who we suspect may be in need," the foundation said.

U.S. Rep. Jahana Hayes, who represents a congressional district that includes Newtown, said in a statement she was struck by how "optimistic" Richman had seemed about his foundation's work at a recent meeting.

"These tragedies show that the trauma of gun violence extends far beyond the initial tragedy," her statement said.

U.S. Sen. Richard Blumenthal of Connecticut called Richman a "good friend, a dedicated father, an esteemed researcher." REUTERS

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Joan Lunden, former host of Good Morning America and senior living advocate.

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Doctor urges seniors to carry medical alert device

Seniors snap up new medical alert device that comes with no monthly bills

People don't always do what their doctor says, but when renowned emergency room physician, Dr. Philip B. Howren says every senior should have a medical alert device, you better listen up.

"Seniors are just one fall away from being put in a nursing home," Dr. Howren said. With a medical alert device, seniors are never alone. So it keeps them living independently in their own home. That's why seniors and their family members are snapping up a sleek new medical alert device that comes with no monthly bills ever," he said.

Many seniors refuse to wear old style help buttons because they make them look old. But even worse, those medical alert systems come with monthly bills.

To solve these problems Universal Physicians, a U.S. company went to work to develop a new, modern, state-of-the-art medical alert device. It's called "FastHelp™" and it instantly connects you to free unlimited nationwide help with no contracts, no deposits and no monthly bills ever.

"This slick new little device is designed to look like the pagers doctors wear every day. Seniors love them, because it actually makes them look important, not old," Dr. Howren said.

FastHelp is expected to hit store shelves later this year. But special newspaper promotional giveaways are slated for seniors in select areas. ■

■ **NO MONTHLY BILLS:** "My wife had an old style help button that came with hefty bills every month and she was embarrassed to wear it because it made her look old," said Frank McDonald, Canton, Ohio. "Now, we both have FastHelp™, the sleek new medical alert device that our grandkids say makes us look 'cool' not old," he said. With FastHelp, seniors never have to worry about being alone and the best part is there are no monthly bills ever.

Seniors born before 1956 get new medical alert device with no monthly bills ever

It's just what seniors have been waiting for; a sleek new medical alert device with no contracts, no deposits and no monthly bills that instantly connects you to free unlimited nationwide help with just the push of a button for a one-time $149 price tag that's a real steal after today's one hundred-fifty dollar instant rebate

The phone lines are ringing off the hook.

That's because for seniors born before 1956, it's a deal too good to pass up.

Starting at precisely 8:30am this morning the Pre-Store Release begins for the World's first-ever medical alert device that comes with the exclusive FastHelp™ One-Touch E 911 Button that instantly connects you to free unlimited nationwide help with no contracts, no deposits and no monthly bills ever.

"It's not like old style monitored help buttons that make you talk to a call center and only work when you're at home and come with hefty bills every month. FastHelp comes with state-of-the-art cellular embedded technology. That means it works

(Continued on next page)

■ **FLYING OUT THE DOOR:** Trucks are being loaded with thousands of new medical alert devices called FastHelp. They are now being delivered to lucky seniors who call the National Rebate Center Hotline at 1-866-211-7349 EXT. HELP781 today. Everyone is calling to get FastHelp, the sleek new medical alert device because it instantly connects you to free unlimited nationwide help with no contracts, no deposits and no monthly bills ever.

at home or anywhere, anytime cell service is available whether you're out watering the garden, driving in a car, at church or even hundreds of miles away on a tour or at a casino. You are never alone. With just a single push of the One-Touch E Button you get instantly connected to free unlimited help nationwide with no monthly bills ever," said Jack Lawrence, Executive Director of Product Development for U.S. based Universal Physicians.

"We've never seen anything like it. Consumers absolutely love the sleek new modern design and most of all, the instant rebate that practically pays for it and no monthly bills ever," Lawrence said.

FastHelp is the sleek new medical alert device with the rarest of combinations: a quality, high-tech engineered device that's also an extremely great value because there are no monthly bills ever.

Better still, it comes with no contracts, no deposits and no monthly bills ever – which makes FastHelp a great choice for seniors, students and professionals because it connects to the vast available nationwide network of cellular towers for free.

And here's the best part. All those who already have an old style monitored medical alert button can immediately eliminate those monthly bills, which is why Universal Physicians is widely advertising this announcement nationwide.

"So if you've ever felt a medical alert device was too complicated or expensive, you'll want to get FastHelp, the sleek new medical alert device with no monthly bills," said Lawrence.

The medical alert device slugfest was dominated by two main combatants who both offer old style monitored help buttons that require professional installation of a home telephone land line, expensive base station equipment and a hefty bill every month. But now Universal Physicians, the U.S. based heavyweight, just delivered a knockout blow sending the top rated contenders to the mat with the unveiling of FastHelp. It's the sleek new cellular embedded medical alert device that cuts out the middleman by instantly connecting you directly to highly trained 911 operators all across the U.S. There's absolutely nothing to hook-up or install. You don't need a land line and you don't need a cell phone. Everything is done for you.

"FastHelp is the World's first-ever medical alert device that makes you look important, not old. Old style monitored help buttons you wear around your neck are the equivalent of a horse and buggy," Lawrence says. "It's just outdated."

Nearly 1.8 million seniors fall every year and spend more than 12 hours lying on the floor helpless and all alone with no help.

But seniors who fall and get immediate help are nine times more likely to avoid getting sent to a nursing home and get to STAY living in their own home independently.

Yet millions of seniors are still risking their safety by not having a medical alert device. That's because seniors just can't afford to pay the monthly bills that come with old style medical alert devices.

That's why seniors born before 1956 are rushing to cash in the whopping $150 instant rebate before the 2 day deadline ends.

So there's no need to wait for FastHelp to hit store shelves later this year because seniors born before 1956 can get it now just by using the $150 instant rebate coupon printed in today's newspaper before the 2-day deadline ends. If lines are busy keep trying, all calls will be answered. ■

HOW TO GET IT:

▶ **IF BORN BEFORE 1956:** Use the rebate coupon below and call this Toll-Free Hotline: 1-866-211-7349 EXT. HELP781

▶ **IF BORN AFTER 1956:** You cannot use the rebate coupon below and must pay $299 Call: 1-866-330-6586 EXT. HELP781

THE BOTTOM LINE: You don't need to shop around. We've done all the leg work, this deal is too good to pass up. FastHelp with the $150 instant rebate is a real steal at just $149 and shipping and there are no monthly bills ever.

PROS: It's the World's first ever medical alert device that comes with the exclusive FastHelp One-Touch E 911 Button that instantly connects you to free unlimited nationwide help with no contracts, no deposits and no monthly bills ever. It's quickly becoming a top pick with consumers because it saves you a ton of money and instantly connects you to one of the largest cellular networks everywhere cell service is available for free making this deal irresistible. Plus it's the only medical alert device that makes seniors look important, not old.

CONS: Consumers can't get FastHelp in stores until later this year. That's why it's so important for seniors born before 1956 to call the National Rebate Center Hotline within the next 2 days. For those who miss that deadline, the sleek little medical alert device will set you back over three hundred bucks.

REBATE COUPON

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After Coupon Expires: The FastHelp is $299.00 plus shipping & handling

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HELP781

FastHelp, the new medical alert device that instantly connects you to free unlimited nationwide help with no contracts, no deposits and no monthly bills ever.

USE THIS COUPON: To get $150 off FastHelp you must be born before 1956 and call the National Rebate Center Hotline at **1-866-211-7349 EXT. HELP781** before the 2-day rebate deadline ends.

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Important application deadlines for summer courses

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Last weekend's warm weather was certainly a harbinger for the indisputable best time to be in New York. That's right. Spring has sprung. This means many college students can see the finish line for their school year a bit more clearly. While some students are lining up summer jobs, many are preparing for a whole new round of summer courses after their spring semester. Others may just be looking for a fun course to take during the long, hot months in the city. Have you figured out which courses you are going to take this summer?

Here are some important dates to keep in mind while registering for summer courses at some of New York's best schools.

Medgar Evers College Application deadline: March 30

Medgar Evers College in Crown Heights will be offering a wide variety of fun and light summer courses this year including Nature of Culture, Organic Chemistry, Tai Chi and Aqua Aerobics. These classes are perfect for those looking to learn a new skill set for a change in career, or simply to try their hand at a fun new hobby. If these sound interesting, you might want to act fast as these courses will fill up on a first-come, first-served basis. The last day to register for June classes is Friday.

New York University Application deadline: April 14

Whether you are looking to become a journalist at the intensive summer program at the Arthur L. Carter Journalism Institute in downtown Manhattan or learn from some of the best jazz musicians and music industry professionals at the Steinhardt School of Culture, Education, and Human Development, New York University's programs will seem enticing for anyone looking to expand their interests and knowledge this summer. NYU's admissions process is notoriously competitive, so make sure that you have everything in order before their application deadline on April 14. For those who are looking for non-credit courses for a certificate, the school also offers some introductions to fun subjects like television writing, screenwriting, and producing.

Brooklyn College Application deadline: June 25 (second session)

While the deadline for the first session of summer courses at Brooklyn College has passed, students looking to take courses during the second session still have some time to mull over their choices. The school's second session for undergraduates, starting in mid-July and running through August, will offer a wide variety of courses spanning from cognitive psychology to a physics course titled "The Laws that Govern the Universe." (I'm assuming that this course touches upon the importance of collecting all six of the Infinity Stones in order to obtain complete intergalactic dominance.) The last date to apply is June 25, so make sure you check out their complete list of courses online. **PAT KING**

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Pat King
Grumble Editor

READER WRITE-INS:

REPEATING IT OVER AND OVER AGAIN

Have you ever called a business with a complaint and the person who answers the phone isn't the right person, and you explain the problem to this person and they tell you they have to transfer you to a different department, and then you have to tell your story all over again? Then, this person tells you you have the wrong department or they can't help you and transfer you to a different department, and guess what? You wind up telling the same story over again to a different person. I really hate this. It seems like I am a tape recorder. Can you please transfer me to the right department so I can stop repeating myself? Thank you.
— **Cynthia**, *Metro US reader*

FEET ON THE SEAT

As I got on the subway car, I saw a white sneaker on a seat. A "lovely-looking" teenage girl had put her left foot on the longer seat across from where she sat to the side. Not wanting to get upset, I moved to the back of the train to avoid seeing her foot, wondering, would she want to sit on a seat where someone's dirty shoe had been?

Safely away from the white sneaker, I looked up and there sat a young boy across from me, in a private-school outfit and beautiful coat. He was taking up two seats sitting sideways, with one knee bent so that his left foot was directly on the subway seat where some other poor person would eventually sit.

Who told these two teenagers that they could do this? They looked so nice but their actions said otherwise. Did the young man's private school teach this? Would the young woman want someone to do this to her?

What are people thinking (or mostly not thinking)?

— **Mary Pat Kane**, *Metro US reader*

VENT TO US!
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Aries Take better care of your health and emotional well-being. Make positive changes that will encourage proper diet, exercise and a healthy lifestyle. Make a promise to a loved one.

Taurus Look at every angle of a financial deal or joint venture before you decide to engage. False pretenses, flattery and similar means of persuasion should be warning signs.

Gemini Show everyone what you are capable of doing. Talking is not the same as taking action. If you believe in your abilities, show everyone what you have to offer.

Cancer Don't be shy; step into the limelight and strut your stuff. Your engaging intellect, excellent memory and way with words will lead to popularity and interesting offers.

Leo Make better choices when it comes to money, partnerships and your health. Don't follow the crowd or take unnecessary risks. Work at your own speed and explore what truly interests you.

Virgo Keep your life simple, straightforward and doable. Make changes that will enhance your mind, body and soul. Pour your energy into achieving your goals and making a difference.

Libra Taking a day trip or having a heart-to-heart discussion will be eye-opening. Mull over what you discover and make adjustments to your life that will give you freedom and peace of mind.

Scorpio Fixing up your place will give you the push you need to enjoy spending more time at home with good friends and loved ones. Incorporate changes that make your life simpler.

Sagittarius Don't let your emotions run wild and your gullibility lead to costly mistakes. Dig deep, get the facts and make wise choices. Don't let emotions interfere with common sense.

Capricorn A positive change at home will encourage you to make personal physical changes as well. Take better care of your health and emotional well-being. Change begins within.

Aquarius Take pride in what you do. Don't get involved in an impossible pursuit just because someone is putting pressure on you. Explore your interests, not someone else's.

Pisces Make clear choices based on truth and facts. Know what you are capable of and walk away from situations that could damage your status, position or reputation. EUGENIA LAST

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The best financial advice at every age

NerdWallet is a personal finance website.

Money doesn't really age: It's never too late to make smart financial decisions. But there are certain times in your life that are prime for specific money moves, times when making the right choice will set your future self up for success.

In your 20s: Lay a foundation

Many people come into their 20s in college and cross the bridge to 30 with a decent, if short, career history.

The good news: You have time to recover from bad decisions. The bad news: Any unwise habits you form now could stick with you.

"This is the best time to make saving money a priority and the best time to avoid some pitfalls like getting into a lot of credit card debt," says Ted Schumann II, managing partner of independent registered investment advisory firm The DBS Companies.

There's one way to do both, and it's creating a reasonable budget that aligns with your priorities and includes at least some allocation toward savings, even if it's a small one. That money should go toward building a small emergency cushion and into an employer retirement plan that matches your contributions — like a 401(k) — if you have one. If not, open an individual retirement account.

In your 30s: Hit your savings goals

These might be your best investing years, so it pays to use them wisely.

ISTOCK

While previously you may have been scraping bits together, now it's time to get focused. The goal: saving 15 percent of your income for retirement.

The first two decades of "adulthood" are so important because time is the single biggest asset you have when it comes to growing your money. Investing early gives your money time to grow through compound interest.

This is also when you might find yourself juggling other goals. That budgeting habit you formed in your 20s will pay off: A budget based on your values will help you prioritize when financial goals and responsibilities start to pile up.

In your 40s: Take stock of where you stand

If you've been consistently saving for the better part of two decades, you probably have a nice pile of money. If you haven't yet figured out how far that money will get you in retirement, now's the time to do so.

A retirement calculator will give you a good idea of your savings progress, and tell you whether you need to ramp things up, keep cruising along or even — in some rare cases — dial back.

If you've been consistently stashing away 15 percent of your income, you might find you're in a good spot to shift extra dollars to other goals — for example, college savings if you have kids.

In your 50s: Catch up while you can

The IRS knows that many people are behind in saving for retirement, and so it throws out a bone for people this age: The contribution limits for tax-advantaged retirement accounts like 401(k)s and IRAs increase for those over 50.

These catch-up contributions allow you to put an extra $6,000 into a 401(k) and an extra $1,000 into an IRA every year. That brings the contribution limits for these accounts to $25,000 for a 401(k) and $7,000 for an IRA in 2019.

In your 60s: Shift your focus

Many people retire in their 60s. According to analytics firm Gallup, non-retired Americans expect to retire at age 66.

That means it's time to make some concrete plans. When will you stop working? Do you plan to quit altogether or shift to part-time? Many retirement experts say your mental and financial well-being will benefit from the latter if your health allows it.

You'll also want to make an income plan for retirement, figuring out how much money you'll receive from Social Security and how much you'll need to draw out of retirement accounts. Keep in mind that your Social Security checks will be higher for each year you delay taking benefits after you reach retirement age — increasing by as much as 8 percent annually — until you turn 70.

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John Lennon and Yoko Ono's 'Bed-In' remembered at 50

REUTERS

In March 1969, newlyweds John Lennon and Yoko Ono skipped a honeymoon and instead staged a "bed-in" in Amsterdam to promote world peace during the Vietnam War.

Dressed in white, the artistic duo received visitors and held press conferences from bed in the Presidential Suite atop Amsterdam's Hilton Hotel from March 23 to 29.

A photo exhibition and other events remembering Ono and Lennon, the Beatles songwriter who was shot and killed in New York in 1980, are being held this week in the Dutch capital to commemorate the events of 50 years ago.

Amid flowers and self-made signs reading "Hair Peace" and "Bed Peace," the couple put forward a simple strategy for achieving world harmony: reject violence of all forms.

"If you believe violence will solve the problem, that's up to you. I don't," John told one reporter.

"Nobody's ever tried the peace thing."

The incident was memorialized in "The Ballad of John and Yoko," released shortly before the Beatles broke up:

"If you believe violence will solve the problem, that's up to you. I don't. Nobody's ever tried the peace thing."

John Lennon

"Drove from Paris to the Amsterdam Hilton / Talking in our beds for a week / The news people said, "Say what you doing in bed?" / I said, "We're only trying to get us some peace."

In 2012, Ono released for free "Bed Peace," a documentary about the Amsterdam bed-in and a second bed-in the couple held several months later in Montreal, Canada.

At one point, Ono dismisses a book of poems and manifestos handed to her by a self-styled "revolutionary."

"I'm sorry, no matter how beautiful your poem is, if you can't share with people, it's crap," she said.

To honor their memory, a white "Peace Tulip" will be planted outside the hotel on Thursday.

Other commemoration events in Amsterdam include film screenings, a concert, and a tour of the famous room, No. 902.

Fifty years later, world peace has not yet arrived.

Skeptics at the time pointed out that not everybody can afford to stay in bed all day or be as famous as John and Yoko.

"Stop asking if it's going to work, do something yourself," an annoyed Lennon told one reporter in the documentary.

"Grow your hair, wear a sign." **TOBY STERLING**

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Balloon birds infiltrate nature

ALL PHOTOS TERRY COOK

Art inspired by European birds

Balloon figures usually pop up at parties or shopping malls as decorations. However, Terry Cook, a U.K.-based artist, decided to make them part of nature. He created incredible European birds and placed them in what could be their habitat. The artist assures readers that the balloons he used were not thrown away, as he kept them for a new project. **MWN**

Q&A

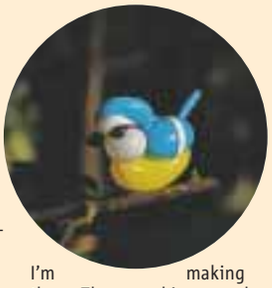
TERRY COOK
British artist

How did you start creating balloon figures?
I just taught myself. I first took an interest in balloons when I was about 15. There were some guys at the magic society who were really skilled and making all sorts of cool stuff. That kind of started it off.

All of your figures are birds. Why is that?
I am obsessed with birds. I have been obsessed since I was a small boy. My dad bought me the "RSPB Handbook of British Birds" when I was a kid, and I read it back to front. I've kept a number of different birds throughout my life also.

In addition to creating incredible sculptures, you also place them in very interesting locations.
I'm lucky enough to have some nice places near my house. Aberdeen, where I live, is very industrial, but there are still lots of nice green spaces.

How does it feel when your sculptures deflate or explode?
It can be frustrating, because unlike the more basic/classic balloon animals like dogs and stuff, they take a very long time to make. Sometimes they burst when



I'm making them. The squeaking sound drives my wife crazy!

What do you do with the sculptures when they deflate?
I still have all the balloons I used for each photo, and I will keep them to use for something else. I am against littering and would never ever leave these in the wild, nor would I dispose of them irresponsibly.

INTERVIEW BY DANIEL CASILLAS, METRO WORLD NEWS

Is Finding The Best Treatment For Your Knee Arthritis Pain Worth 30 Seconds To You?

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We will also send you a way to get a free screening to see if you qualify for one of the advanced medical treatments. ***It is 100% free with no further obligation.***

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And if you don't have email...

you can click the red "knee pain" button and you will instantly watch a video detailing some of your best options. If you are looking for proof... I think you will find it on this website.

After getting this information and watching the video... you will breathe a big sigh of relief knowing what your best options are and what treatments might finally relieve some or even all of your knee arthritis pain.

And let's be crystal clear about this… NYC Pain MD is a real medical clinic with real medical doctors.

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"Animal activists are going to love Dumbo" DANNY DEVITO

ALL PHOTOS PROVIDED

Disney classic "Dumbo" returns to theaters 78 years after its 1941 premiere. This time, a live-action version directed by Tim Burton seeks to send a message in favor of animal rights. The film stars Michael Keaton, Eva Green, Collin Farrell and Danny DeVito. DeVito chatted with Metro about his participation and expressed how excited and happy he is to be part of this project.

DANIEL CASILLAS, MWN

What do you feel about being part of this new version of "Dumbo"?
I'm really excited to be part of Disney's "Dumbo." It's really fantastic. Look at this guy [points to an image of Dumbo]. He's such a great guy, and he's been doing press with me all day long. He's not tired at all.

Anyway, I was very excited when Tim Burton called me and said he was doing his version of "Dumbo." I was really thrilled to be part of it. I have always had a good time working with Tim. He is an artist, a visual artist, and you know, all the people in the movie — Michael Keaton, Eva Green and Collin Farrell — we all had a great great time over there.

Did you see the original movie when you were a kid?
Yes. When I was a little boy, I saw it at the movie theater. I don't remember exactly when, but my sister took me to the movie and I think it was very sensitive. Anyway, it's exciting to be part of this because I would've been very, very upset if I couldn't do this part. You know what I mean?

> **"We were fortunate to have an elephant that never complained about working overtime, because it's a CGI elephant."**

Every once in a while something comes along that you just don't want to miss. And, you know, actors always go through — you know, sometimes you get a part, sometimes you don't. Sometimes you really wish that you didn't say no. So I had three months of a great time in London. It was really beautiful to watch Tim work.

You play a circus man. What do you think about your character?
Max Medici is a very care-giving guy. He cares about his circus, but you know it's a very tough time in that period for the circus. He cares about people who populate the circus — his clowns, jugglers, strong men, Miss Atlantis, all the people in the circus. There is a team and [they] become his family, and so it's a good character.

One of the main topics is animal abuse and the use of wild animals in shows. What is your opinion on that?
Yeah. There are two things about that. I mean, in the story we make a statement about that. In fact, without giving it all way, all the people who are animal activists, who feel that [there] shouldn't be any animals in the circus, are going to love this movie. That's the first thing. The second thing is that the only real animals in our movie were snakes and dogs. And the dogs were beautiful, they were very happy.

What about Dumbo?
We were fortunate to have an elephant that never complained about working overtime, because it's a CGI elephant [laughs]. So, everything was good. I can't believe how real he looks, and when you see the way they do it, all the process is amazing. I saw Dumbo come to life over the months I was there.

Why do you think people should go to the movies to see "Dumbo"?
I think there is going to be entertainment. Take everybody, take the kids, the grandparents — everybody should come to see the movie. It's really enjoyable.

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Vocal Syndergaard revealing future problems for Mets?

The hard-throwing righty didn't hold back when criticizing the organization over the weekend.

JOE PANTORNO
joseph.pantorno@metro.us

Noah Syndergaard has not been happy with the Mets this offseason. GETTY IMAGES

Noah Syndergaard is giving a voice to frustrated Mets fans everywhere after his scathing comments about the organization's recent run of questionable decisions.

And it's a more than clear indication that there already are cracks forming within an organization that has been billed as an inept one for a majority of the Wilpon family's reign as owners.

On Sunday afternoon, the fireballing right-handed pitcher implored Mets management to award a contract extension to last year's NL Cy Young Award winner, Jacob deGrom.

Over the past few weeks, notable star pitchers around the league such as Chris Sale, Justin Verlander and Blake Snell have all come away with reworked contracts while the Mets continue to remain inexplicably quiet on the deGrom front.

While deGrom voiced his disappointment at the lack of progress made before he puts his Opening Day deadline into effect where he won't negotiate during the regular season, Syndergaard provided a much more cut-and-dried take.

"I think they should quit all the fuss and pay the man already," he said.

Of course, that would force the Mets to dole out a big contract to a star player who isn't either past his prime or an injury liability, a concept that might very well be from Mars for a so-called big-market franchise.

It's a topic that hits close to home for Syndergaard. While he hasn't put together a season nearly as dominant as deGrom's 2018 campaign, he has some of the more electric stuff in baseball when he's fully healthy and on his game.

There are expectations that he'll be able to put everything together in 2019, providing the Mets with a premier dynamic duo at the top of their starting rotation. But Syndergaard is in a similar boat as deGrom, seeing as his remaining time under team control after this season (through 2021) will include two forays into arbitration.

Syndergaard will undoubtedly be looking for an extension like deGrom — who will be a free agent after the 2020 season — currently is. Should the Mets play the same kind of waiting game with the 26-year-old (nicknamed "Thor") once the idea of a reworked deal is tabled, they should be prepared to receive an earful.

DeGrom's still-uncertain future was just one portion of Syndergaard's sound-off as he ripped the organization's plans ahead of Opening Day, which is Thursday in Washington, D.C., against the Nationals.

On Sunday night the Mets had to bus three hours from their spring training facilities in Port St. Lucie, Fla., to Sarasota for a flight to Syracuse, home of the organization's triple-A affiliate, for a final workout.

"I don't know whose idea that was, but it's not a smart one," he said. "I don't think that's conducive for winning ballgames, really... I don't think that's what championship teams do prior to the season."

Given their track record, winning championships isn't necessarily atop the Wilpons' to-do list as they continue to run their franchise like a small-market organization, which is only being made more clear with an unwillingness to pay deGrom after showing zero interest in either Bryce Harper or Manny Machado in free agency over the winter.

So if an employee (and a star one) like Syndergaard is beginning to show signs of dissent, why would the Wilpons open their checkbooks for him in a few years?

After all, Syndergaard's name has been the subject of trade rumors since last May.

Isles getting back on track just in time

After miserable trips to Boston and Montreal, the Islanders are rediscovering their game.

JOE PANTORNO
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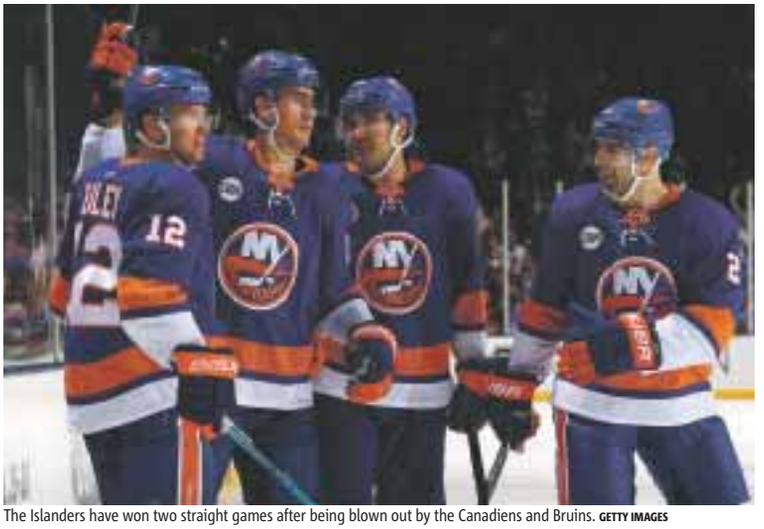

The Islanders have won two straight games after being blown out by the Canadiens and Bruins. GETTY IMAGES

Are the New York Islanders piecing things back together at the perfect time?

Given their style of play, that's almost as unpredictable as a Mathew Barzal solo rush toward the opposition's blue line.

The Islanders are in the midst of recovering from one of their worst stretches of the season, losing three of four games which included two consecutive shutouts in which they were outscored 9-0 by the Boston Bruins and Montreal Canadiens last week.

In what was one of the most important weekends of their season in order to keep pace with the Washington Capitals for first place in the Metropolitan Division, the Islanders came up with back-to-back matinee wins over the Philadelphia Flyers and Arizona Coyotes — a pair of teams who were stalking the wild-card hunt in their respective conferences.

The defense and goaltending, led by Robin Lehner, shored up, allowing two goals to the Flyers in Philadelphia before shutting out the Coyotes at Nassau Coliseum on Sunday. It was Lehner's fifth shutout of the season, equalling his teammate Thomas Greiss' total this year. The combined 10 shutouts are the most by any NHL team this season.

It is no coincidence that the return to defensive form came with the reintroduction of veteran defenseman Johnny Boychuk. The 35-year-old missed six games from March 11 to 21 after suffering an upper-body injury from a vicious hit from Philadelphia's Jake Voracek.

"When it comes to Johnny... it's not always pretty, but when it comes to those intangibles, those big moments, block a shot, sacrifice himself... that's what he does," head coach Barry Trotz said. "I think he brings an energy to the room and there's a reason why he's one of our leaders."

For an Islanders offense that continues to sputter, especially on an inept power-play unit that has scored just once on its last 37 opportunities, the defense takes some pressure off as things get down to crunch time.

That very defense and stellar goaltending also make the Islanders an incredibly difficult team to beat regardless of offensive production.

With six games remaining, the Islanders are just a single point behind the Washington Capitals for the division lead. Should they move past the defending Stanley Cup champs, it will be the first time since 1988 that they will win the division.

However, New York has yet to clinch a spot in the postseason but will be able to take a giant step toward doing so with a win over the Columbus Blue Jackets on Tuesday night.

The Islanders currently sit nine points ahead of the Blue Jackets, who sit two points behind the Montreal Canadiens for the final wild-card spot in the East.

A regulation win would give New York an 11-point cushion over the Blue Jackets, who will have six more games to play after that. That would all but secure the team's first playoff berth in three years.

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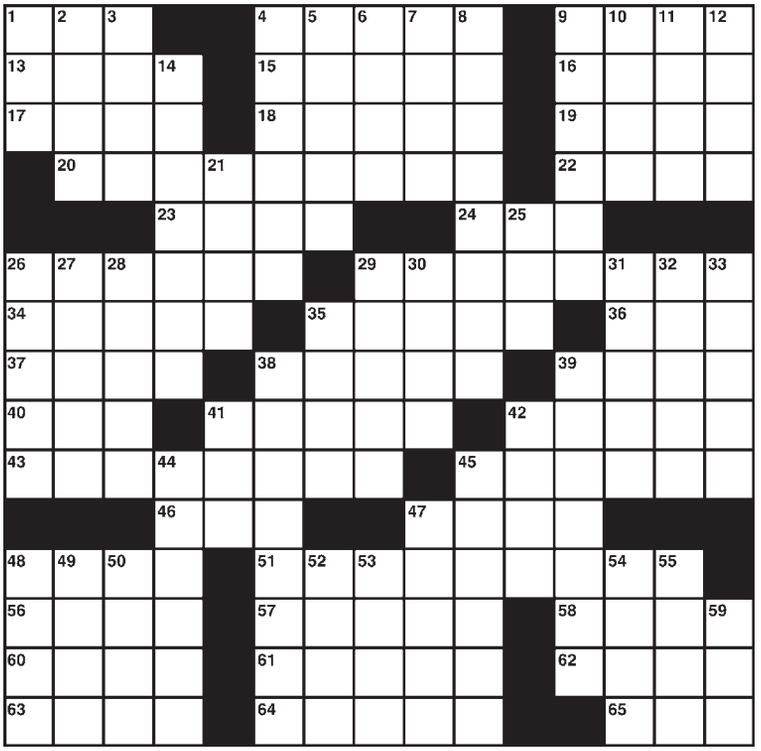

ACROSS

1 Playing card
4 Actor Ed
9 Fellow
13 Vehicles
15 "__ of Two Cities"
16 Circle dance
17 The Bee Gees, e.g.
18 Civil rights activist Parks & others
19 Large trees
20 Secret, for one
22 Take ten
23 Fish __; aquarium
24 __ to rest; bury
26 Lullaby composer
29 Holmes of fiction
34 Gets up
35 Bullwinkle, for one
36 Actor McBride
37 Zealous
38 Rubber products
39 Read over quickly
40 Traditional breadwinner
41 Guys
42 Seal pipe joints
43 More tired
45 Is derelict in duty
46 Org. for Flames & Flyers
47 Swimming spot
48 Big __; muckety-muck
51 Running
56 Skirt style
57 Korean or Cambodian
58 Christmas carol
60 __ easy; egg orderer's request
61 1 of the 5 senses
62 VP after Quayle
63 Cowboy Autry
64 Word of welcome
65 __ Jersey

DOWN

1 Play division
2 Hallmark store purchase
3 Pennsylvania port
4 Burr & Spelling
5 Baby carrier?
6 Space flight agcy.
7 Vigorous spirit
8 Fidgety
9 Ladd or Tiegs
10 Opening
11 Upper limbs
12 One of the tenses
14 Comforted
21 Water barriers
25 "You __ what you eat"
26 Paper fasteners
27 Competitor
28 Lay __; shelve
29 More resentful
30 Does garden work
31 Take place
32 Blackboard "pen"
33 Hose problems
35 Linear measure
38 Follow too closely
39 "I saw three ships come __ in..."
41 Speedometer letters
42 Use an ax
44 Whole
45 __ or later; eventually
47 Piece of china
48 Air pollution
49 __-nots; indigents
50 Yaks
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